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My friend said to me, "I think the weather's trippy." I said, "No, man, it's not the weather that's trippy, perhaps it is the way that we perceive it that is indeed trippy." Then I thought, "Man, I should've just said, 'Yeah.'" - Mitch Hedberg

Lady Vees Cross-Country: the long hard road to victory

Luke Norton
Lambda Staff

Laurentian's cross-country running team doesn't get a long season to make an impact. But with a young squad of returning students and a speedy young star, Coach Dick Moss says that Laurentian's Lady Vees are poised to present a serious threat on the university cross-country circuit.

"There's a lot of returning girls," says Coach Moss. "The team is still really quite young. Our core group is probably first and second years. We are probably only losing two girls next year, so if I can put another couple of pieces together in terms of recruiting this year, we'll have a really good squad."

While their coach has to focus on the future as well as the present, this year's squad has shown that they aren't waiting for future recruitments to burn up the track. The OUA season is well underway, with our Lady Vees already having competed in three events, Coach Moss thinks we should keep an eye on this squad.

Fourth-year student Concurrent Education student Maggie Robins has already shown dramatic improvements in time this season.

"She just absolutely kicked butt over the summer with training," Coach Moss says of Robins, who originally hails from Port Perry and was this week's female Athlete of the Week.

"Every time I'd go out on the road, I'd see her running. Whether it was six in the morning or late at night, she was putting in a ton of miles. This is her second year doing it, and it's starting to pay dividends. She had a time at the Western International that was over a minute better than she had done before."

The team has another bright young star in rookie Lindsay Anderson. Ranked 31 in cross-country at OFSAA last year, the Ottawa native was a gold medalist in the 3000M and has been a medalist in OFSAA track as a junior.

"She's also a carded triathlete," Moss explains. "She'll be Nordic skiing as well while she's here, so she's really training for four sports. She's led our team in our first two meets, the Ramsey Tour and at Western."

It usually takes about a year for an athlete to adapt to the huge changes of. You can already see her starting to do it, so we're not putting a lot of pressure on her this year, but I think as the years progress she is going to get better and better."

Anderson has continued to lead the team since then as well, putting up Laurentian's fastest time in each of the teams three outings so far. The team she and Robins are leading isn't relying on just the two of them to carry their performances. At the Ramsey Tour, the team's only home race of the season, the Lady Vees made up of six of the top ten runners, including Anderson's first



Photo Supplied

Lindsay Anderson races for victory as part of the Laurentian Lady Vees Cross-Country Team. The OFSAA Gold Medalist earned a first place finish at the Ramsey Tour.

place finish and top five finishes from Robins, Emma Tallman, and Stephanie Flieler.

Even though the only university teams competing in the Ramsey Tour, also called the Laurentian Open, were our Lady Vees and teams from Nipissing, the girls still faced a full field of competition including a team from Cambrian College. The Sudbury Masters Running Club puts on the meet, which is open to the Sudbury community as well.

"We get everything from five year olds to 70 year olds running in it against our girls," Moss laughed. "The race has been going for thirty-three years, and the proceeds have been donated to university student scholarships for thirty-three years."

The team then participated in the Western International on Sept. 26, where the Lady Vees set a team record with a 19:27 average time for the five-kilometre race. The girls placed a respectable eighth place, beating out teams from McGill, York, Waterloo, Nipissing, and others.

The most recent meet was the Geneseo Invitational, which took place last weekend at Letchworth State Park in northern New York. The event saw our girls compete against 26 other teams.

"In the past there's been one or two other Canadian teams, but mainly its US teams," Coach Moss said of the Geneseo. "We did it four years ago, and did very well, coming

in the top three...and they like having Canadian teams down there, its adds a little lustre to the meet."

At the meet, the Lady Vees placed fourth out of the 22 university teams, and their team score was good enough to garner a fifth place overall ranking.

"She just absolutely kicked butt over the summer with training. Every time I'd go out on the road, I'd see her running. Whether it was six in the morning or late at night, she was putting in a ton of miles."

Dick Moss
Girls' Cross-Country Team
Coach

"We didn't have a full squad available this weekend and still placed well. It shows that we're very competitive at the NCAA Division III level," said assistant coach Darren Jermyn.

Next up for the Lady Vees after Thanksgiving is a trip to Kingston for the Queen's Invitational on Saturday, October 17th. After that, the team is hoping to race their way to the finals. First they'll have to thread a path through the

OUA finals at Brock, if they want to make the national finals at Queen's. Coach Moss is hoping the team will be spending some time at Queen's, host not only to this year's nationals, but also to the world university championships next year, meaning this year's final according to Coach Moss "is a bit of a tune-up for worlds."

Coach Moss is also looking forward to the advantages the team will gain in terms of training from the student-funded Ben Avery expansion. The addition of the indoor running track has even helped the team with recruiting young speedsters like Anderson.

"Its a tough place to recruit to, because most of the athletes that are really blue-chippers are from southern Ontario," Moss says, "so there's more of a process in getting them to want to come here than if we were an hour away from Toronto."

Those girls would want to run indoor track and have a good facility for training indoors. Now we do have a decent training facility for indoor track, so its helped with recruiting. Certainly with our indoor track season, it enabled us to do a lot of training we just couldn't do in the past."

If you want to see how that training is coming along, you can keep tabs on your Cross Country Lady Vees online by visiting www.luvoyageurs.com or by looking up Laurentian XC on Facebook.

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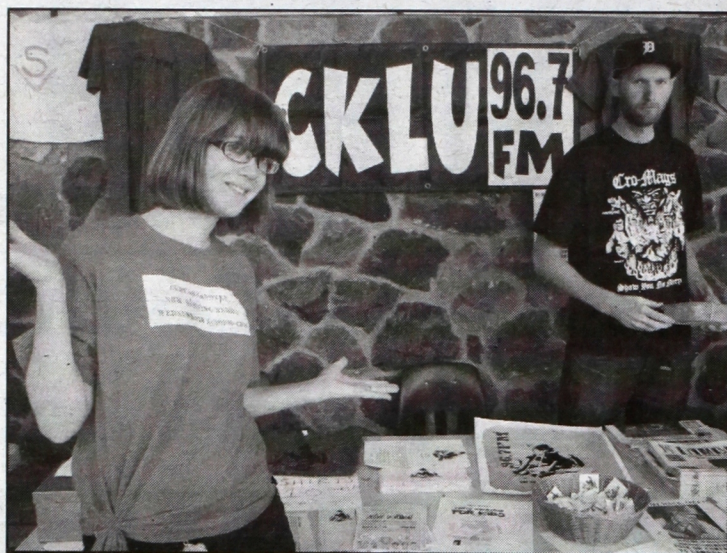
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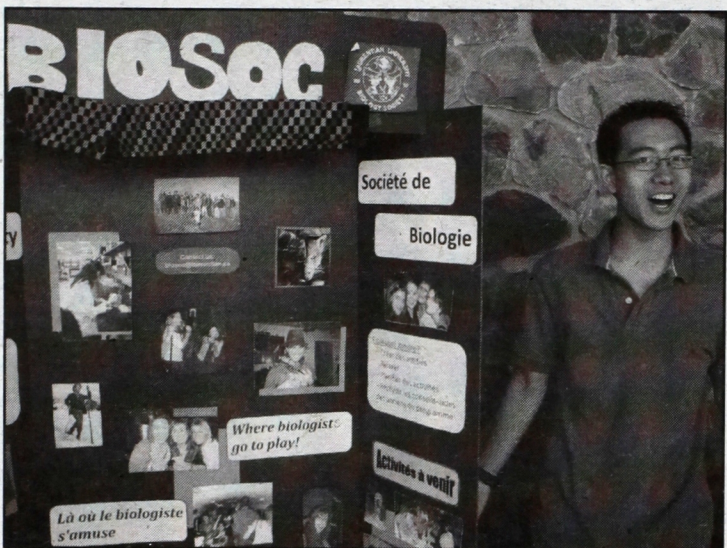
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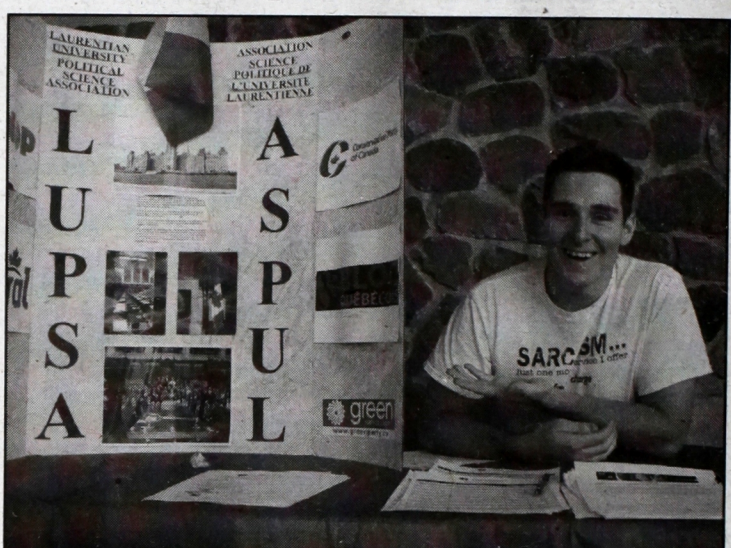
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Joseph McGibbon's Resident of the Month



Residence Rocks: Fundraisers

Joseph McGibbon
Residence Life Supervisor of the
Laurentian University Residence
Complex

I have so much to say about what goes on in the residences at Laurentian University. Believe me, it's all positive.

It has been a busy month but now students are all nicely nestled into their apartments and dorm rooms. And now that we're all comfortable, we're starting to realize what university and residence life is all about.

To me, it's all about participating and contributing positively to the university and residence community.

I'm proud to say that in this past month alone, the Laurentian University Residence Complex

raised over \$6000 for charity and participated in a number of fun-filled events in both the city of Sudbury and at Laurentian University.

We take pride in how hard our students work to support the Terry Fox for Cancer relay run each year. This year, over 300 students made their way to Bell park in order to participate in the annual event and continue to carry on Terry Fox's name and wishes towards the fight for cancer. We added another \$3500 to our ongoing total contributed to the cause and look forward to supporting this great foundation in future years.

As if that wasn't enough for the month of September, the students supported another great cause, Action Sudbury.

Action Sudbury is an

organization here in Sudbury formed for the cause of preventing drinking and driving.

By organizing a Yuk Yuk's comedy in the Great Hall on Sept. 26, we raised over \$2800 for Action Sudbury. The money was used to do something special for the parents of the teens that died in the drinking and driving accident that occurred in Hamner this summer.

We look forward to the rest of the year and many more exciting events to come, including a Talent show set to take place on Nov. 21 that will raise funds for Easter Seals, and the biggest event of the year, Airbandz for Cancer, which has raised over \$50,000 in the past few years for the Northern Ontario Cancer Research Center, which is taking place on Feb. 6.

The month of Sept. was a busy one and Warren Brown from fourth floor University College Residence was involved in just about everything. Warren has set a positive example in residence by becoming a Peer Mentor this year.

Starting from the move-in days, he has always been there to help out or to participate in anything and everything going on in residence.

Warren was part of an effort to bring the most students out to the Terry Fox for Cancer run and participate in all of the Alcohol Awareness events held in residence.

He also brought his team to victory in the Laurentian University Residence Complex's baseball tournament this year, as 4/5 UC barely edged out West Residence Team 1 in the finals.

Congratulations Warren, and thank you for all of your hard work and love of residence!

What do you want to be when you grow up?



Robert Kirwan
Contributor

"What do you want to be when you grow up?"

That is the million dollar question that has been asked to young people since the beginning of time. In "the old days" – when I was growing up – the answer was fairly obvious for most of us. It was considered your personal responsibility to find a good job so that you could earn enough money to support yourself and/or your family. You were more concerned about decent pay, adequate benefits and providing for retirement than you were about "finding your place in society". You learned to be satisfied with the work you were able to obtain, rather worry about wasting much time and energy bouncing around from job to job trying to find something else that would make you happier.

Today things are a lot different! Young people coming into the workplace now are very confused. They've been promised all of their life that if they study hard, get good marks and stay in school they will be able to do anything they want. They have been told that there are plenty of good careers out there that will provide them with wealth and happiness. All they have to do is continue to get the right education.

Nevertheless, despite all of the positive encouragement

and despite the vast multitude of different career choices that exist today, we find that 50% of all high school students avoid post-secondary education all together, entering a life marked by going from one odd meaningless job to another while trying to decide what they really want out of life. Of the 50% who do manage to go on to college or university, over half of those either drop out of their original course or switch to another program. And further, only half of those who remain in their program to the end will eventually find a job that is related to their studies. Finally, almost all of those who achieve their objective of landing a job in their chosen career will change careers within the first seven years of beginning the new job.

So what in the world is going on? Why is there so much confusion? What has happened during the past several decades that has made it so difficult for anyone to come up with an answer to the question, "What do you want to be when you grow up?"

Some will say that there are so many career choices today that it is difficult for a person to make up his/her mind. I think it is a much deeper problem, and it has a lot to do with the fact that young people today are being "groomed" and "directed" towards careers that are all wrong for them in the first place.

As parents, we all want to

do what is best for our children, so it is easy to fall into a trap. You try to provide your children with the education and training that **YOU THINK** will help them get them into a career that **YOU FEEL** will be suitable and worthwhile. Sometimes this requires your child to try to do something that he/she is just not suited for. To show you what I mean, let me share a story with you that has always been one of my favourites. It is called Animal School.

"Once upon a time the animals in the forest decided they must do something in order to be prepared to meet the challenges of a new world. So they organized a school.

They adopted the activity curriculum consisting of running, climbing, swimming and flying and, to make it easier to administer, all the animals were required to take all of the subjects.

The duck was excellent in swimming – better in fact than his instructor – and made passing grades in flying, but he was very poor in running. Since he was slow in running he had to stay after school and also drop swimming to practice running. This was kept up until his web feet were so badly worn; he was now only average in swimming.

The rabbit started off at the top of the class in running but had a nervous breakdown because of so much overwork trying to compete in

the swimming area.

The squirrel was excellent in climbing until he developed frustration in the flying class where his teacher made him start from the ground up instead of from the tree-top down.

The eagle was a problem child and was disciplined severely. In the climbing class he beat all the others to the top of the tree, but insisted on using his own way to get there.

At the end of the year, the animals decided to close the school. The duck went back to swimming all day; the rabbit ran through the forest; the squirrel flew from tree top to tree top; and the eagle soared in the blue sky."

In all my 28 years as a teacher, I NEVER came across a single student who was not gifted in some particular area. Everyone possesses a **PASSION FOR LIFE** that allows him/her to develop superior skill levels and a love for a certain aspect of life. Some love sports; some love the outdoors; some love working with machines; working with children; working with older adults; etc. These are things that they love doing more than anything else and these are things at which they are exceptional. These passions stay with you for your entire life.

I met a young lady the other day who was enrolled in a program

which would give her a diploma as a Certified Make-up Artist and Nail Technician. When I asked what had interested her in this particular career, she stated that she had always loved doing creative art when she was young and wanted to get into a career where she could use her artistic talents. She felt that working with make-up and nails would allow her to use her artistic skills and continue to develop this passion.

Whether you are in your first year of university or taking post-graduate studies, always remember that you will be a lot happier if you develop your strongest skills and do what you do best. If you want to be happy, look for a career that will fit in with your true passion for life as well as your natural talents. Don't try to change yourself or do something you are not comfortable with just to fit into a career that looks promising or you will be looking for another job real soon.

I would like to invite all of my readers to tune in to my radio show every Monday from 6 to 8 p.m. on CKLU 96.7 FM, or listen to the live streaming over the web site at www.cklu.ca. My special guests will share stories with you that will demonstrate just how important it is for you to follow your passions and do what you do best when seeking a career.

Have a good week!

Congratulations to the cast of Under Milk Wood

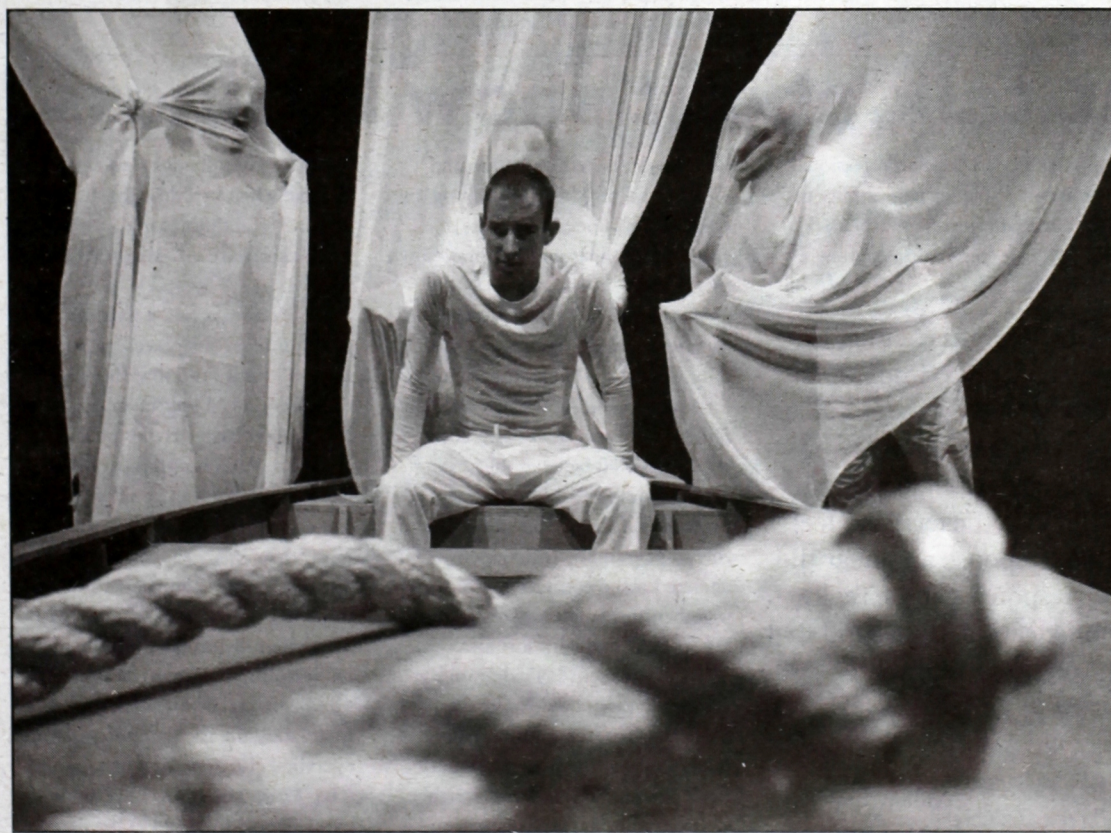


Photo by Luke Norton

The cast of *Under Milk Wood* ended their brief, but critically acclaimed run at Thorneloe last weekend, but the university has announced that the play, produced and directed almost entirely by students, will be Thorneloe's entry into the Quonta Festival this year.

A student-produced play being chosen to represent the university is a great honour for the young cast. (L-R) Jenny Hazelton, Callam Rodya, Natalie Lalonde, and Ryan Demers.



AU student Marc in Toronto, Ontario, Canada

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Athabasca University

Leading Ladies leads the way to laughter: a review

Luke Norton
Lambda Staff

Any bursts of laughter overheard in the core of downtown Sudbury last weekend can be blamed on the Sudbury Theatre Centre. Their new season kicked off with the hilarious *Leading Ladies*, which runs from Oct. 1 to 18.

The play, a whimsical throwback to the screwball comedies of Billy Wilder and the *Golden Age of Hollywood*, centers around Jack and Leo - played by Mark McGrinder and Jeff Miller - two English actors reduced to performing a "Shakespeare's Best Of" at drunken Moose Lodge meetings. Though they're broke and on the verge of quitting theatre, Leo dreams of hitting the big times, while Jack just wants to settle for a white picket fence.

Salvation comes in the form of a discarded newspaper with an article about an elderly dying woman in a nearby town. She is searching for two long-lost relatives from England. Thinking he's found the path to his dreams, Leo goads Jack into joining him in acting their way to her large inheritance. The two discover that the missing nephews, "Max and Steve," are really missing nieces, "Maxine and Stephanie."

The play is the first from the STC's new Artistic Director David Savoy. It features a gorgeous set by Doug Robinson and the usual stellar production value.

Leading Ladies never intends to be more than a good time, and it fully delivers.

Ludwig's script starts out slow, but once Ashley Magwood's Audre is introduced on the train, the show hits a solid string of laughs.

"It's a popsicle farcical," joked Miller, a former Ryerson student with over 20 years of professional acting experience. "It's a big, busy comedy, and I'm not ashamed to say there's not a lot of serious themes underlying it. It's a lark, it's just fun."

Miller, returning STC stage for his third production, enjoys playing for Sudbury crowds.

"They seem to appreciate everything from high comedy to more serious material, so I think it's an audience that knows and loves

theatre."

The audience is sure to appreciate Miller. A veteran of the Shaw Festival, Miller nearly steals the show as the lovable yet roguish Leo. His charm and handsomeness really do suspend disbelief in a pretty silly story. The scene where he and McGrinder first break into the Maxine and Stephanie characters is one of the funniest I've seen at this theatre. I had missed much of the humour, as I was busy laughing.

Of course his job was easier because of the tremendous cast.

Mark McGrinder makes his STC debut with his role as Jack. Hopefully it won't be his last. His earnest portrayal of Jack was a perfect foil for Leo. It was hilarious watching his character deal with the ever-evolving Stephanie and the trouble that Leo pulls him into. Miller and McGrinder did an excellent job of making their characters look like they were improvising for their lives. They had great chemistry.

The rest of the cast is just also solid.

This is Laura Caswell eighth STC role. After performances in a variety of STC hits as Sweeny Todd, *The Buddy Holly Story* and *Little Shop of Horrors*, her role as the dying woman's only other living relative, Meg, absolutely sparkles. Meg really comes across as a girl who longs for the stage, breaking into perfectly memorized monologues at even the slightest prodding. Her contained excitement and exuberance are a funny match with Michael Rawley's humourless Duncan.

It's no surprise she's come to love Sudbury audiences.

"People are really responsive and supportive. They even talk with us afterwards, which I really like."

There will certainly be a response to STC newcomer Ashley Magwood. She absolutely steals the show as the uproariously funny airhead Audre. From the moment she rolls onstage, Magwood lights up many of the play's best jokes. Her performance was the most surprising.

Other standouts in the small cast include William Vickers as the doctor who seems to be working as much against the wealthy Florence



Photo by Luke Norton

Jeff Miller and Laura Caswell in *'Leading Ladies,'* playing now until Oct. 18th at the Sudbury Theatre Centre.

as he is helping keep her alive. Vickers was a member of the Shaw Festival ensemble for over twenty years, and the experience shows. His rapid-fire timing was solid and he filled his character with passion and spunk. When the script walks the line of being too silly, Vickers and McGrinder keep it together.

Linda Goranson brought the role of the dying heiress to life with hilarious vigour. Her tenacity for living is one of the play's best running jokes.

If there was a weak point in the production, it was with the Duncan character. Michael Rawley seemed confused most of the play. I couldn't tell if Duncan feared losing Meg or losing the money. The ending feels a little like Duncan gets ripped off for nothing. This is perhaps a criticism of Ludwig's script, but it sounded from the

dialogue and some actions that there was more opportunity for the character.

That's a miniscule complaint at best. Rawley does what he can. He still has some genuinely funny moments.

Overall, *Leading Ladies* was a surprisingly charming play with a great cast of funny characters and a solid amount of deep belly laughs. It doesn't stray too far from what's expected from the genre, but it doesn't disappoint on too many fronts either.

"One of the refreshing things people will get to see in this show is a surprising lack of cynicism," McGrinder says. "A lot of modern entertainments are angry or reflecting on the world we're in right now - and I do think that theatre serves that function, in some ways.

In other ways, we need to provide an escape. Ken Ludwig's crafted this play that's a really simple escape to a more innocent time, and I think the audience can really expect to be transported to another time, and to a really fun time."

Leading Ladies continues its run this weekend, with shows on Thursday through Saturday at 8pm and on Sunday at 2pm. It concludes its run next week, with shows running Tuesday (Oct. 13) to Saturday (Oct. 17) at 8pm, before the closing matinee on Sunday at 2pm. Student prices are \$17 per person, and Thorneclow Theatre students are eligible for a 2-for-1 discount.

For more information visit the Sudbury Theatre Centre at www.sudburytheatre.on.ca, or by calling the Box Office at 674-8381.

Leading Ladies cast talk about show business

Luke Norton
Lambda Staff

Jeff Miller, who plays Leo in STC's season opener, attended Ryerson's theatre school in the 1980's, has been a professional actor for 22 years. Wanting to act from an early age, Miller has worked on children's theatre, for the Shaw Festival, as well as on new pieces in Toronto and in Boston where he lived for a time.

"The nice thing about Ryerson," Miller says, "is its right downtown Toronto, and there's a lot more work than there is in a lot of places in Toronto. So it was a great place to segway from being a student to being a professional actor." After graduation, Miller suggests that aspiring actors next need to put in the legwork. "Basically, once I graduated I started sending out pictures and resumes everywhere and trying to network and meet directors and people that were working on material."

"I did a lot of touring with children's shows, which seems to be somewhat of a rite of passage for younger actors. There's quite a bit of opportunity to do that when you're

right out of theatre school."

Despite having done work in film and television, the theatre remains a powerful draw for Miller. "Theatre is exciting because it is so immediate. To be in the same room as the audience and - when it's going well, which isn't always the case - to feel the response and hear the response can be really intoxicating. It's a thrill that you never really get over; it's really hard to walk away from it."

More importantly, Miller argues, the theatre is a vital and necessary space for young actors, whatever their aspirations may be. "For most of us who, unfortunately or fortunately, haven't landed that dream tv role or big Hollywood gig, theatre is a place where we can get our thrills and do our work."

Miller also suggests that theatre students or aspiring actors and actresses should check out what the local theatre is offering. "There's a lot of experienced, talented actors working at the Sudbury Theatre Centre, and I think it's interesting as a student to watch professionals do it, and to see stuff that you might want to do or not do. That's a fantastic

opportunity, to have a professional theatre in a smaller community in Sudbury, where you as a theatre student can come and take that theatre in."

"Theatre is exciting because it is so immediate. To be in the same room as the audience and - when it's going well, which isn't always the case - to feel the response and hear the response can be really intoxicating. It's a thrill that you never really get over; it's really hard to walk away from it."

Jeff Miller
Actor

Laura Caswell, a youthful ten-year veteran of the stage, and eight-time actress for STC, caught the theatre bug early in life. For her, the path has been clear and she has followed it.

After having fallen in love

with musicals such as *Annie* and *The Sound of Music* at a young age, Caswell auditioned for a role at a community theatre in her hometown of Ottawa.

Realizing that she wanted to pursue a career in acting, Caswell after high school began searching for schools offering theatre, finally settling on a school in New York.

Caswell believes that young actors should recognize that professional theatre has an important role to play in any town or city. "The chance for the community to come together and laugh and cry in one big space is really important."

"That sense of community Laura mentioned," fellow actor Mark McGrinder continues, "is really the key function of a theatre. That shared communal experience is to me what theatre is about and is where theatre stands out from other art forms." The theatre, he and Caswell argue, provides as much of a learning experience to the actor as it does to the audience.

Unlike his two co-stars, McGrinder, who plays Leo's partner-in-fraud Jack, came to the theatre indirectly. He had been attending

university in pursuit of an acting degree, when he "thought it might be fun" to audition for a production of Shakespeare's *Taming of the Shrew*.

"I always had a passion for films and for storytelling, but it wasn't until I did that show at university that I got the bug," McGrinder says. "From there I shifted my major and moved to Toronto, and have been doing it ever since."

McGrinder recommends that aspiring actors spend some time on the other side of the curtain. "My favourite role has been producing and creating theatre in Toronto. "By being on the outside and understanding the dynamics of what everyone else does, and just getting a bigger sense of how important every person involved in the creative process," will help young actors learn how to bring their craft to the next level.

Jeff Miller, Laura Caswell, and Mark McGrinder can be seen in the STC's production of *Leading Ladies*, playing now until October 18th.

Little Albert: Sudbury's weirdest live show?

Matt Moskal
Editor-in-Chief

A man with \$5 stapled to his forehead asks you to get up and dance while a completely improvised ambient backdrop consisting of noise filtered through countless FX pedals makes you wonder how you could possibly dance at a time like this. This is entertainment and abstract art colliding head on. This is Little Albert.

Little Albert are synthesizer player and vocalist Mike Doni, bassist and drum machine operator Grant Duncan, vocalist and keyboardist Pat Suley, and Theremin players Adam Turcotte and Darren Janeczek. Together they produce some of the most interesting compositions the city of Greater Sudbury has ever heard.

"I think that the very fact that it's difficult to assign a genre label to it is evidence of it being somewhat strange to the average person," says vocalist and Theremin player Adam Turcotte.

What label could be thrown on Turcotte and company's music? Every member takes influence from a different style of performance and there seems to be a lack of overlapping preferences.

"I know Adam listens to weird '60s stuff and I like hip hop, I don't think anyone else in the group likes hip hop," says Pat Suley. "We just improvised a version of Umbrella by Rihanna one night and no one in the band knew the song at all."



Photo by Pat Imbeau

Pat Suley gives good friend Mark Collins a tour of his X-acto knife at a Little Albert house show.

The band's latest addition, Darren Janeczek comes from a different school of music altogether.

"I grew up listening to Commodore 64 music," says Janeczek.

To make things even more complicated, Little Albert never play the same song twice.

"We are strictly improvisational, which results in some weird unstructured recordings," says Turcotte. "We

have about seven 24-hour days of recorded material."

Suley says that while the band hasn't repeated the same song twice, there have been reoccurring lyrical and musical themes over their vast repertoire.

"We have about 20 songs about bears and all of the ballads are made out to Marsha, which I think comes from Mike being secretly in love with the Brady Bunch," says Suley.

"We do sometimes revisit

old lyrical concepts, but the songs are never properly repeated," says Turcotte. "There's a certain unspoken formula to the proceedings, but we never know how it's going to turn out until it's done."

Janeczek says it's the excitement surrounding the mix of innovation and improvisation that pulled him into the project.

"It's one of those experiences in life where you're doing something, you're there

when it's happening but you don't know exactly how it happened or how it formed."

Rather than focus their efforts on writing tracks and rehearsing, Little Albert get together on fixed dates and record their jam sessions and post them on a blog. Janeczek describes the process as consuming.

"It seems like Little Albert swallowed me, like some kind of gelatinous organism. It is truly an organic evolving process."

As for the live performances, the band likes to incorporate a little spectacle to their live show.

"When Pat is our frontman, he usually ends up getting something stapled to his face," says Turcotte.

"Pain is a four letter word," says Suley.

For their live shows, the band has also packaged their own Little Albert albums. Each one contains choice cuts from their jam sessions, representing how each member perceives the band.

"The exercise really gave a refreshing perspective of the history of Little Albert," says Janeczek. "It was a learning experience."

On Oct. 12 at Myths and Mirrors, Little Albert will join Friendo, A Global Recession, Oromocto Diamond and Power for an eclectic clash of musicianship. Doors open at 6.

Little Albert recordings are available for download at <http://la.rivetsforbreakfast.com/>



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...Quantum Dots...

Matt Strickland
Contributor

It's our favourite time of the year here at Quantum Dots. The leaves change colour, birds head south to warmer climes, and a frosty glaze covers the grass each morning. Of course the season also heralds a time-honoured tradition that we're particularly fond of. No, we're not talking about the turkey dump, we're talking about the Nobel Prizes. Each year in Sweden, the world's very best researchers in the fields of medicine, peace, physics, literature, economics, and chemistry are recognized for their outstanding achievements. As of this writing, the winners have yet to be announced—they will be released day-by-day between October 5th and 12th—so we can't really comment on the victors. However, we are in a position to share with you the results of the Ig Nobel Prizes, a parody of the awards handed out each year at Harvard and intended to "first make people laugh, and then make them think." Without further ado, here are some of this year's winners:

Medicine

Does cracking your knuckles lead to arthritis? Donald Unger, a doctor from California, doesn't have the most convincing answer, but you really have to hand it to him for trying. For more than 60 years, Dr. Unger has carried out his experiment by cracking the knuckles on his left hand twice a day but never those on his right. As he has yet to develop arthritis in either hand, he submits himself as proof that knuckle-cracking does not cause arthritis.

Physics

Pregnancy is all fine and good, but why the heck don't women fall over under the weight of their tummies? Well obviously this is the kind of thing that could be cleared up by physicists if some would only give the matter the attention it deserves. And that, of course, is exactly what a mixed group of American researchers did. What they found, after careful examination of human vertebrae was that human women were built to bend backwards in the lower back. Each vertebral body was slightly more wedge-shaped in female than in males and the extra, support joints of the spine were more beefy in woman, implying they were compensating for more extreme angles and strains.

Chemistry

Leave it to Mexicans to show that with some careful processing, tequila can be turned into diamond.

Investigating that idea alone is probably worth an Ig Nobel, but the research may actually have some worthwhile applications. Pure diamond is an insulator, but if you make dirty diamond—packed with microscopic impurities and defects in its crystal lattice—you can actually make a semiconductor with some net advantages over the usual silicon. Scientists can make semiconductor-grade diamond by vapourizing carbon and then letting it settle in just the right way. It turns out that this happens more effectively when the carbon is mixed with oxygen and hydrogen and it also happens that the mix of these elements found in tequila is in just the perfect combination. The researchers agree that other drinks may also have good potential.

Peace

Beer bottles, specifically when thrown or struck against an unsuspecting skull, have ruined the peace on many occasions over the years. Therefore, it's not too much of a surprise that research into these impromptu weapons earned Stephan Bollinger and his colleagues from Bern, Switzerland, this year's prize for peace. Specifically, the scientists looked into whether a full beer bottle or an empty one was more likely to break someone's skull. To test this, they set up a series of horizontally placed bottles with varying levels of fullness and dropped known weights on them. They found that while the full bottles withstood only 30 joules of energy, the empty bottles were withstanding 40 joules. This is definitely something to keep in mind the next time you're in a bar fight: it's to your advantage to chug your drink before you start swinging it.

Veterinary Medicine

The prize for veterinary medicine was awarded to two researchers from Newcastle University in the UK. Their work looked at what conditions led to the greatest milk output in dairy cows. They surveyed 516 farmers and found—according to the article—that named cows which were regularly addressed by their name produced more milk than their anonymous counterparts. In fact, they showed that milk output was significantly higher and that this was no statistical fluke. The explanation as to why this is was a bit looser than the finding. The British researchers have suggested cows are happier and more relaxed when they are spoken to and called by name and, therefore, more likely to put out milk.

Intramural inner-tube water polo is coming back to LU

Each year Laurentian University offers an Intramural Program organized by the Physical Health and Education department to provide students with an opportunity to stay active, fit and have fun.

Once again, by popular demand on two consecutive Friday afternoons, November 6 and 13, 2009, Laurentian University Intramural Sports Program will host a COED Inner-tube Water Polo Tournament! The fun competition will be held at the Jeno Tihanyi Olympic Pool from 1:00-3:30pm.

A team made up of 6-10 LU

students, with at least 2 females in the pool at all times, is all it takes to join into the fun. The cost to register a team is \$20.00. Registration begins Tuesday Oct. 6, 2009 until Friday Oct. 9, 2009 at the Active Living Office from 9-4pm.

This annual tournament is becoming more and more popular each year at Laurentian and participation in this unique water event leaves lasting fun memories for all that partake. So gather your friends together and be guaranteed to have waves of fun and be eligible to win some awesome prizes!

Men's golf team fares well in Waterloo and Guelph tournaments

Martin Rourke
Athletic Marketing and Media
Relations Officer

SUDBURY, Ont. – The Laurentian Voyageurs men's golf team competed in two tournaments this past weekend.

First, Oct. 3 and 4 the Voyageurs men finished fifth at the Laurier/Waterloo Invitational. Then, on Monday, Oct. 5, they placed seventh at the Guelph Invitational.

Team captain John Atherton of Toronto led the way for the Voyageurs in both tournaments. With rounds of 78 and 69 at the Whistle Bear and Rebel Creek golf clubs respectively, Atherton was placed in a tie for fifth place overall at the Laurier/Waterloo Invitational.

The Voyageurs posted a team total of 619. Sudbury's own Matt Bortolotto, Brennan Doyle and Scott



John Atherton
Golf Team Captain

Lavigne represented their home town on behalf of the men's team. Bortolotto posted a two day 154 total, Doyle of Sudbury shot 157 for two days and Lavigne of Sudbury fired a total of 161. Max Kallio of Lively, Ontario rounded out the fifth spot with a 165 total.

Despite our best efforts, the

Western Mustangs claimed the overall team title.

On Monday, Oct. 5 Atherton shot 76 which put him in a tie for eighth overall. The Laurentian men finished with a 313 total which landed them in seventh place.

The Cutten Club in Guelph, Ontario proved to be a difficult task for the Laurentian men, who could not keep their early season success going.

The Voyageurs are on break and look to fine tune their games while they enjoy Thanksgiving. The team's next game is the OUA championships at Angus Glen Golf Club in Markham, Ontario on Oct. 19 and 20. The course has gained quite the reputation from hosting the Canadian Open. Follow the Voyageurs as they look to swing into the record books at www.luvoyageurs.com.

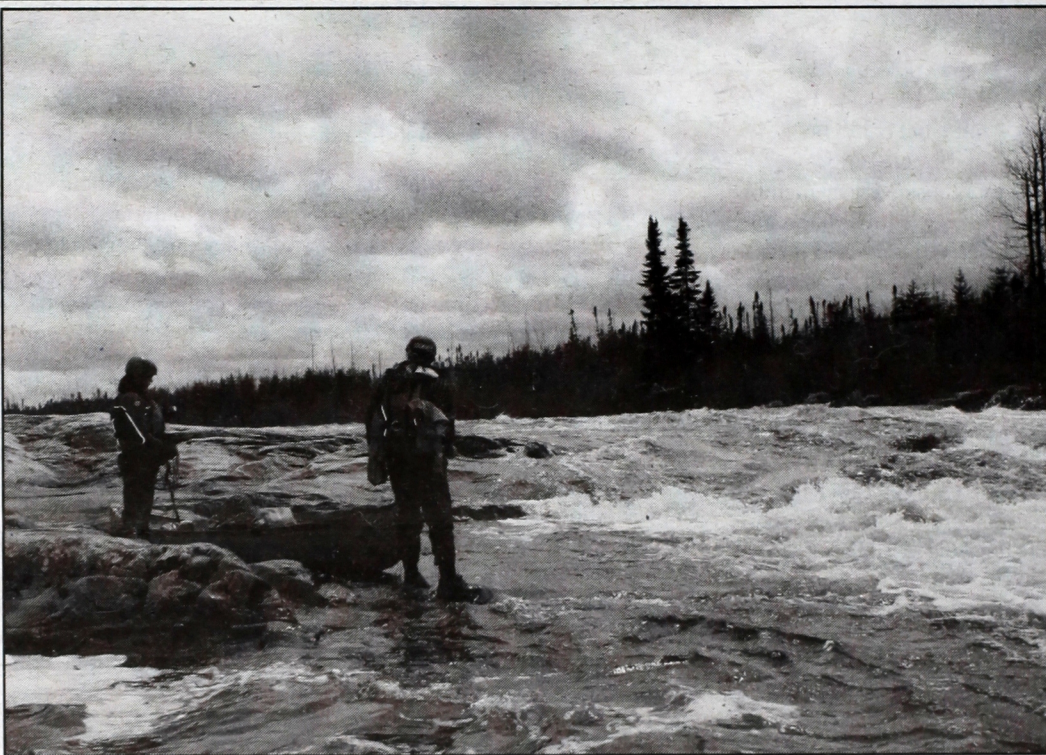



Photo Supplied

The Outdoor Adventure Leadership (ADVL) program are premiering a documentary about their Wakwayowkastic River expedition on Oct. 8 in the Alphonse Raymond building at 7 p.m. in room E-125. Admission is free. For more information, call 675-1151 ext. 1205.

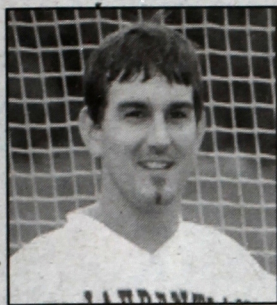
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Men's Lacrosse: Badgers massacre Voyageurs



Casey Swann
Lacrosse Team Attack-Man

Alain Brouillette
Sports Writer

LIVELY, Ont. - The Laurentian Voyageurs Men's Lacrosse team could not contain the high-powered Brock Badgers offense on Oct. 4. They fell 22-4 during the second game of the weekend double-header at Hillcrest Field in Lively, Ontario.

The Badgers continued their weekend trend of scoring quickly, as they managed to net four goals within the first ten minutes of action. Laurentian attack-man Casey Swann of Peterborough, Ontario responded with the Voyageurs first goal shortly after. Brock added another two goals near the end of the period to make the score 6-1 in their favor.

The skies opened up and rain began to fall as the players hit the field for the second period of action.

Brock's attack-man Matt Evan's netted his team's first goal of the period only a couple of minutes after the opening face-off. Laurentian showed some spark when Mike Holder of Orillia, Ontario scored an unassisted goal at the midway point of the frame. Geoff Lake of Wallaceburg, Ontario followed with his first goal of the season several minutes after. Evan's added two goals near the end of the period to complete his hat trick, and the teams entered the half-time break with a 9-3 score favoring Brock.

During the third period, the Badgers managed to find the score sheet a total of eight times, including a hat trick from middle Chris Nash. This offensive outburst from the undefeated Badgers put the game out-of-reach for the undermanned Voyageurs squad.

The final frame saw Brock continue their offensive dominance, adding another five goals to their total. Sudbury native Jason Carrey scored his first goal of the season with less than one minute remaining, however the offensive firepower from the Badgers was once again too much to handle, as the game ended with a 22-4 score favoring visitors.

The Voyageurs will have a full week of practice before they embark on their regular season ending road-trip. The team will look to revive the offensive spark they had during their home opener weekend, where they barely lost to the defending champion Guelph Gryphon's and to the McMaster Marauders.

Laurentian will begin their road-trip with a late night match against the Laurier Golden Hawks in Waterloo on Friday, Oct. 16th at 8 p.m. The lacrosse action continues when they make their way to London, Ontario to face-off against Western University Mustangs on Saturday at 2 p.m. The Voyageurs Lacrosse squad plays their final game of the regular against the McMaster Marauders on Sunday, Oct. 18th at 12 p.m. Follow the Voyageurs at www.luvoyageurs.com

Laurentian soccer seasons update Rams derail Lady Vees LU grounds Ravens

Michael Przybylowski
Sports Information Writer

SUDBURY, Ont. - The Laurentian Lady Vees were defeated by the Ryerson Rams 1-0 in a hard fought match on Sept. 27.

The loan goal was scored by Mississauga, Ontario native Stephanie Webster, while Michelle Smicklas of Oakville, Ontario made nine saves to preserve the shut-out. Victoria Kulczycki of London, Ontario took the loss tending the Lady Vees nets while making five saves.

In the first half, Laurentian dominated possession in the first 25-minutes. During this time, the Lady Vees had three shots in goal, of which two were headers that were wonderfully pushed away by Smicklas. Ryerson had a great opportunity in the 22nd minute as Meagan Blodgett of Peterborough, Ontario took a long free kick only to be stopped by the goal post. Ryerson would keep pressing on with several attacks by Peterborough, Ontario native Calaigh Copland, but the Laurentian defence led by veteran Sam Falcioni of Sudbury, Ontario would defuse any opportunity. The

34th minute brought heart break to the Lady Vees. Ryerson won a corner and Stefanie Webster headed a ball from a cross into the top left corner out of the reach of Kulczycki.

The second half saw the Lady Vees come out flying in first minute as Newmarket, Ontario native Lisa Watson, Sudbury native Dayna Corelli, and Leanne Adams of Mississauga all got opportunities which were pivotally turned away by Smicklas. Watson got another opportunity at the 60-minute mark on a free kick, but Smicklas parried the ball over the net to make the save. Copland of Ryerson got a break in the 73rd minute. As she came upon the goal, Kulczycki rushed out of her net and made a diving save to keep the score at 1-0. Laurentian pressed on in the final minutes, but the Ryerson defense was too much for them to handle and game finished with the 1-0 score-line, in favour of, the Rams.

"We played to our game plan for the first 15 minutes," said head coach Rob Gallo. "After that, we dropped our level of play to Ryerson's and the result speaks for itself."

Scoreboard Deja Vu for Voyageurs

Nick Ruscitti
Sports Information Writer

SUDBURY, Ont. - The Laurentian Voyageurs were defeated Sept. 27, 1-0 at the hands of the Ryerson Rams.

Alex Braletic of Thornhill, Ontario, was the Rams' lone goal scorer. The Rams' goalkeeper Anthony Volpe from Brampton, Ontario secured the shutout for the visiting team. The Voyageurs goalie Scott Cliff out of Hanmer, Ontario took the loss.

In the first half, the Voyageurs came out flat and were dominated in time of possession. The Rams' defenders were firing on all cylinders and only conceded one shot all half. The Voyageurs' lone scoring chance came at minute 14, as Voyageurs' striker, Rudy Muteba of Sudbury, Ontario sailed a powerful header just wide of the goal. Soon after, at 22 minutes, the Rams came storming down the field after clearing a Voyageurs corner kick. Rams' mid-fielder Ashkan Mahboubi of Pickering, Ontario sent a perfect cross pass over the heads of the Voyageurs defense for a streaking Braletic who made no mistake putting it past Cliff.

The Voyageurs came out

Gee-Gees beat Vees

Fraser Gibson
Sports Information Writer

OTTAWA - The Laurentian Lady Vees soccer team lost 7-0 to the No. 3 Ottawa Gee-Gees on Oct. 3.

Seven different goal scorers found the back of the net for the Gee-Gees. Nikki Moreau of Almonte, Ontario scored the winning goal for Ottawa. Melissa Pesant of Gatineau, Quebec and Lisa Anne Sachsaber of Richmond, Ontario shared the shutout for Ottawa.

The Gee-Gees got off to a quick start as Moreau found the back of the net in the fifth minute to put Ottawa up 1-0. Ottawa scored two goals less than a minute apart at minute 34 and 35 to put the Gee-Gees up 3-0. The Lady Vees started five rookies and they played

hard throughout the first half. Gillian Baggott of Ottawa scored at the 43-minute point to put the Gee-Gees up 4-0 at the end of the first half.

In the first 25 minutes of the second half the Gee-Gees scored two more goals to go up 6-0. The Lady Vees had a much better second half as they created more chances. With about 10 minutes left to be played, Brady had the best chance for the Lady Vees as her shot sailed just wide of the net. Brittany Harrison of Burlington, Ontario scored for the Gee-Gees in the 83rd minute to make the final score 7-0 in favour of Ottawa.

"The result didn't reflect our girls' effort," said head coach Rob Gallo. "Alana Brady and Danielle King performed extremely well in the battle against Ottawa."

Michael Przybylowski
Sports Information Writer

OTTAWA - The Laurentian Voyageurs overpowered the Carleton Ravens 4-0 on Oct. 4.

Hamilton native Dan Keir and Rudy Muteba of Sudbury, Ontario scored for the Voyageurs in the first half. Charlottetown native Davor Alisic and Trevor Beange of Sudbury added insurance goals in the second half. Scott Cliff of Hanmer, Ontario made 7 saves in goal for his forth shutout of the season.

The Voyageurs looked to bounce back after two losses last weekend and battled it out for the first 40 minutes with no score. Keir was able to break the deadlock in the 44th minute for his team leading fifth goal. Muteba added his third of the season in injury time just before the first half was complete when he was left unmarked on a corner. Carleton had several opportunities of their own including a breakaway, which

was turned away by Cliff and two balls that hit the crossbar.

The Voyageurs took over in the second half with Alisic slotting in his third goal of the season in the 54th minute mark. They finally put the game out of reach in the 72nd minute when Dan Mazzuca of Hamilton took a wonderful long free kick that found the head of Beange and was put into the back of the net for his first of the season.

"We came into a tough place and we showed that we are a better team than we were last week," says head coach Carlo Castrechino. "It is a good result for us and I am happy for the boys. They deserve a lot of credit for bouncing back after last week."

The Voyageurs come home for their final home stand of the regular season as they take on RMC (0-5-1) on Oct. 9 at 2:15 p.m. and Queens on Oct. 10 also at 2:15 p.m. Stay up-to-date with your Voyageurs' news by checking out www.luvoyageurs.com.

Carleton banks victory

Michael Przybylowski
Sports Information Writer

OTTAWA - The Laurentian Lady Vees were defeated by the Carleton Ravens 2-0 on Oct. 4.

Ottawa native's Natalie Griffith and Alexandra Skupek scored for the Ravens. Rachel Bedek of St. Thomas, Ontario received the shutout while Meghan Hoffberg of Brampton, Ontario tended the net in the Lady Vees loss.

The Lady Vees, looking to rebound from their loss to Ottawa from the previous day, took their game to Carleton. They pressed hard and often at the beginning, but it was Carleton who capitalized on a first half mistake as Griffith would break

the scoring at 33 minutes. In a battle for possession, the Lady Vees tried to rebound from the deficit by attacking with more players, but they were hit on the counter attack at 69 minutes as Skupek scored to seal the deal.

"The girls worked extremely hard today, but couldn't get any luck around the net," said head coach Rob Gallo. "They responded well against the disaster versus Ottawa and played extremely hard to try to get the three points. We will regroup and we need to find ways to score some goals."

The Lady Vees will be back in action at home in Sudbury as RMC (1-6-1) will be visiting on Oct. 9 and Queens (7-1-1) on Oct. 10 with both games commencing at 12:00 p.m.

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Experimental instrumental trio Torngat hit the Townhouse on Oct. 10 with locals M. Lemon as a supporting act. Tune in next time when we get a few words with Pietro and the boys.

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